



# Sun Safety

**To Protect  
Yourself  
From the  
Sun's UV  
Rays Simply  
Remember:**

## **SLIP**

Slip on a Shirt

## **SLOP**

Slop on some  
sunscreen

## **SLAP**

Slap on a hat

## **WRAP**

Wrap on  
sunglasses to  
protect your  
eyes and the  
sensitive skin  
around them

Source:  
American Cancer  
Society

## **Sun Safety Tips for Your Skin**

- Apply sunscreen with a sun protection factor (SPF) of 30 or greater at least 30 minutes before sun exposure and then every few hours thereafter
- Select cosmetic products and contact lenses that offer UV protection
- Wear sunglasses with total UV protection
- Wear wide-brimmed hats, long sleeved shirts, and pants
- Avoid direct sun exposure as much as possible during peak UV radiation hours between 10:00 a.m. and 3:00 p.m.
- Perform skin self-exams regularly to become familiar with existing growths and to notice any changes or new growths
- Eighty percent of a person's lifetime sun exposure is acquired before age 18. As a parent, be a good role model and foster skin cancer prevention habits in your child
- Avoid tanning beds

**Source: WebMD**